



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09309, Rhubarb, frozen, uncooked

Report Date: July 01, 2017 01:25 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 137g
Proximates					
Water	g	93.51	3	0.338	128.11
Energy	kcal	21	--	--	29
Energy	kJ	88	--	--	121
Protein	g	0.55	3	0.003	0.75
Total lipid (fat)	g	0.11	3	0.018	0.15
Ash	g	0.72	3	0.060	0.99
Carbohydrate, by difference	g	5.10	--	--	6.99
Fiber, total dietary	g	1.8	--	--	2.5
Sugars, total	g	1.10	--	--	1.51
Minerals					
Calcium, Ca	mg	194	3	16.773	266
Iron, Fe	mg	0.29	3	0.007	0.40
Magnesium, Mg	mg	18	3	1.189	25
Phosphorus, P	mg	12	3	1.466	16
Potassium, K	mg	108	3	10.016	148
Sodium, Na	mg	2	3	0.333	3
Zinc, Zn	mg	0.10	3	0.003	0.14
Copper, Cu	mg	0.023	3	0.003	0.032
Manganese, Mn	mg	0.097	3	0.009	0.133
Selenium, Se	µg	1.1	--	--	1.5
Vitamins					
Vitamin C, total ascorbic acid	mg	4.8	3	0.173	6.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 137g
Thiamin	mg	0.031	3	0.001	0.042
Riboflavin	mg	0.029	3	0.000	0.040
Niacin	mg	0.203	3	0.023	0.278
Pantothenic acid	mg	0.065	3	0.018	0.089
Vitamin B-6	mg	0.025	3	0.000	0.034
Folate, total	µg	8	3	0.850	11
Folic acid	µg	0	--	--	0
Folate, food	µg	8	3	0.850	11
Folate, DFE	µg	8	--	--	11
Choline, total	mg	6.1	--	--	8.4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	5	3	0.361	7
Retinol	µg	0	--	--	0
Carotene, beta	µg	64	--	--	88
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	107	3	7.211	147
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	170	--	--	233
Vitamin E (alpha-tocopherol)	mg	0.27	--	--	0.37
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	29.3	--	--	40.1
Lipids					
Fatty acids, total saturated	g	0.029	--	--	0.040
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 137g
16:0	g	0.025	--	--	0.034
18:0	g	0.002	--	--	0.003
Fatty acids, total monounsaturated	g	0.021	--	--	0.029
16:1 undifferentiated	g	0.001	--	--	0.001
18:1 undifferentiated	g	0.020	--	--	0.027
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.054	--	--	0.074
18:2 undifferentiated	g	0.054	--	--	0.074
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0